

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

1. (currently amended) Exercising device that comprises:

a first strap (1),

loops (3,7) attached to the first strap (1) and

an anchorage means (11) that is ~~intended~~ adapted to be fixed to a base, said anchorage means (11) being designed to receive the first strap (1) in such a way that the first strap (1) is displaceable in its longitudinal direction relative to the anchorage means (11), ~~e-h-a-r-a-c-t-e-r-i-s-e-d-i-n-t-h-a-t~~

wherein at least one ~~loop~~ of the loops (3,7) has a length/circumference in the interval 110-180 cm, and that tubular handles (10) are mounted on the loops (3,7) and displaceable relative to the loops (3,7), and

wherein the loops (3,7) have a larger width than an internal diameter of the tubular handles (10).

2. (canceled)

3. (currently amended) Exercising device according to ~~claims~~ claim 1, wherein ~~e-h-a-r-a-c-t-e-r-i-s-e-d-i-n-t-h-a-t~~ the anchorage means (11) comprises a sheet-shaped carrier (16), a pocket (19) integrated with the carrier (16) and a rod shaped

element (18) that is ~~intended~~ adapted to be mounted in the pocket (19).

4. (currently amended) Exercising device according to ~~claims~~ claim 1, ~~wherein e-h-a-r-a-c-t-e-r-i-s-e-d i-n-t-h-a-t~~ at least one said loop (7) is connected to the first strap (1) by means of a buckle (9).

5. (currently amended) Exercising device according to claim 1, further comprising ~~e-h-a-r-a-c-t-e-r-i-s-e-d i-n-t-h-a-t i-t~~ ~~comprises~~ an anti-slip mat (20) for user to stand upon when using the exercising device.

6. (currently amended) Exercising device according to claim 1, wherein ~~e-h-a-r-a-c-t-e-r-i-s-e-d i-n-t-h-a-t~~ the anchorage means (11) comprises a shackle (12; 112), through which the first strap (1) runs, and that the first strap (1) is displaceable in its longitudinal direction relative to the shackle (12; 112).

7. (currently amended) Exercising device according to claim 6, wherein ~~e-h-a-r-a-c-t-e-r-i-s-e-d i-n-t-h-a-t~~ the shackle (112) comprises at least one screw (114A) that carries a sleeve (121).

8. (currently amended) Exercising device according to claim 7, wherein ~~e-h-a-r-a-c-t-e-r-i-s-e-d i-n-t-h-a-t~~ the shackle (112) comprises three screws (114A, 114B, 114C) that each carries a sleeve (121).

9. (currently amended) Exercising device according to claim 1, wherein ~~2, e-h-a-r-a-c-t-e-r-i-s-e-d i-n-t-h-a-t~~ the

anchorage means (11) comprises a sheet-shaped carrier (16), a pocket (19) integrated with the carrier (16) and a rod shaped element (18) that is ~~intended~~ adapted to be mounted in the pocket (19).

10. (currently amended) Exercising device according to claim 1, wherein ~~2, characterised in that~~ at least one loop (7) is connected to the first strap (1) by means of a buckle (9).

11. (currently amended) Exercising device according to claim 1, further comprising ~~2, characterised in that~~ ~~it comprises~~ an anti-slip mat (20) for user to stand upon when using the exercising device.

12. (currently amended) Exercising device according to claim 3, further comprising ~~characterised in that it~~ ~~comprises~~ an anti-slip mat (20) for user to stand upon when using the exercising device.

13. (currently amended) Exercising device according to claim 4, further comprising ~~characterised in that it~~ ~~comprises~~ an anti-slip mat (20) for user to stand upon when using the exercising device.

14. (currently amended) Exercising device according claim 1, wherein ~~2, characterised in that~~ the anchorage means (11) comprises a shackle (12; 112), through which the first strap (1) runs, and that the first strap (1) is

displaceable in its longitudinal direction relative to the shackle (12; 112).

15. (currently amended) Exercising device according claim 3, wherein ~~e-h-a-r-a-c-t-e-r-i-s-e-d-i-n-t-h-a-t~~ the anchorage means (11) comprises a shackle (12; 112), through which the first strap (1) runs, and that the first strap (1) is displaceable in its longitudinal direction relative to the shackle (12; 112).

16. (currently amended) Exercising device according claim 4, wherein ~~e-h-a-r-a-c-t-e-r-i-s-e-d-i-n-t-h-a-t~~ the anchorage means (11) comprises a shackle (12; 112), through which the first strap (1) runs, and that the first strap (1) is displaceable in its longitudinal direction relative to the shackle (12; 112).

17. (currently amended) Exercising device according claim 5, wherein ~~e-h-a-r-a-c-t-e-r-i-s-e-d-i-n-t-h-a-t~~ the anchorage means (11) comprises a shackle (12; 112), through which the first strap (1) runs, and that the first strap (1) is displaceable in its longitudinal direction relative to the shackle (12; 112).